

2010 TURN AND BURN MEET
HOSTED BY: EXTREME AQUATIC TEAM
JULY 10&11, 2010
SANCTION #10-035

LOCATION: Oklahoma City Community College
Olympic Festival Pool
77th and South May
Oklahoma City, OK 73159

MEET REFEREE: TBA

MEET DIRECTOR: **Marci McVay**
18329 Chestnut Oak Drive, Edmond OK, 73012
(405)830-9027
marci521@cox.net

FACILITIES: Fifty meter, eight lane indoor pool with non-turbulent lane ropes and electronic timing system. The new bulkhead has been USAS certified, pool depth at the start end is 10'6" at the turn end it is 4'. Spectator seating and swimmer bleachers are available. A warm-up and cool down area will be available in a separate diving well. Pool temperature will be maintained at 81 degrees Fahrenheit.

ELIGIBILITY: The meet is open to all USA-S swimming athletes. Age of the first day of the meet, **July 10, 2010**, will determine eligibility.

DISABILITIES: Extreme Aquatic Team welcomes all athletes. Please alert the Meet Director of any Accommodations that may be required.

WARM-UP: There will be split warm-up sessions with team lane assignments. Teams will be notified of the time and lane assignments at least 24 hours prior to the meet. Any athlete without a coach of record will be assigned warm-up with the host team. The warm-up schedule will be posted on the Extreme Aquatic Team website, www.extremeaquatic.org.
*Afternoon warm-ups will begin fifteen minutes following the conclusion of the morning session, but no earlier than 12:30 pm.

DISTANCE: **The following events will LIMITED to the first 24 registered swimmers – 12&under 400 Freestyle and the Open 800 Freestyle. The 12&under 400 Freestyle will be swum fastest to slowest alternating girls/boys. The Open 400 & 800 Freestyle will be swum fastest to slowest alternating women/men. The Open 400 IM will be swum regular seeding without alternating between women and men. ALL of the above mentioned events WILL require positive check-in. Failure to show for a positive checked in event will result in the forfeiture of the swimmer's next individual event. It will be the swimmer's responsibility to report to their assigned heat and lane.**

RULES: 2010 USAS Rules, supplemented by the Oklahoma Swimming Rules will govern the meet. ALL EVENTS are timed finals.

ENTRY FEES: \$3.00 per individual event (62.5% to OKS Aquatic Fund)
\$5.00 per relay event (25% to OKS Aquatic Fund)
\$5.00 per relay deck entry (25% to OKS Aquatic Fund)
\$15.00 facility surcharge (\$3.00 to OKS Reserve Fund)

DECK ENTRIES: Deck entries will be accepted for open lanes **only** at the discretion of the Meet Referee. Cost for deck entries are **double** the normal fee (\$6) for each individual event (62.5% to OKS Aquatic Fund.) All swimmers must be entered in the meet to swim a relay event and are subject to the \$15 facility surcharge.

DECK ENTRY CLOSING SCHEDULE: Saturday/Sunday AM session: Deck entries will close at 7:45 am
Saturday/Sunday PM session: Deck entries will close at 1:15 pm

ENTRY LIMIT: A swimmer may enter a maximum of FIVE individual events daily, with a maximum of twelve events.

RELAYS: Please note there will be **TWO** relays Saturday afternoon and no relays on Sunday afternoon.

ENTRY FORMS: All entries should be submitted via electronic format. Files compatible with Hy-Tek Meet Manager e.g. C12, Sd3, hvv format is the preferred procedure. Any handwritten or printed entries must indicate the swimmer's name, sex, age, USAS #, event #, and time for each event. All entry times must be in long course meters. A NO TIME for an event will be accepted. All entry files must include the entry chair's name, phone #, and e-mail contact information. Each entry file will be followed up with an entry report for your review and confirmation. Coaches or a team representative must certify that all swimmers entered on the team roster are members of USAS or have applied for membership by sending appropriate application to the club's registration chairman or the OKS Registration Chairman before the first day of the meet.

Send all electronic entry information to:
Meet Director: Marci McVay
E-mail – marci5121@cox.net
Mail Address: 18329 Chestnut Oak Drive, Edmond OK, 73012

Each team should make one check payable to: Extreme Aquatic Team for all entry fees.

ENTRY DEADLINE: **ENTRIES MUST BE IN THE HANDS OF THE MEET DIRECTOR NO LATER THAN 6:00 PM FRIDAY, JULY 1, 2010.**

AWARDS: Each event will be heated and swam together, but the scoring breakdown will be as Follows – 8 & under, 9-10, 11-12, these groups will receive ribbons for individual places 1-8. Relays will be heated and swam together, and relay awards will be given in the age groups: 12& under only. Ribbons will be given for relay places 1-3. **In addition to ribbons, awards will be given in the way of \$5 iTunes cards for the highest point swimmers in the specialty stroke, middle distance events, and the medley swims.**

**AWARDS
CONTINUED:**

12 & under: iTunes card disbursement.

50/100 distance Freestyle – combined high point swimmer
50/100 distance Butterfly – combined high point swimmer
50/100 distance Breaststroke – combined high point swimmer
50/100 distance Backstroke – combined high point swimmer

200/400 distance Freestyle – combined high point swimmer
200 distance Individual Medley – high point swimmer

Open Events: iTunes card disbursement.

50/100 distance Freestyle – combined high point swimmer
100/200 distance Butterfly- combined high point swimmer
100/200 distance Breaststroke – combined high point swimmer
100/200 distance Backstroke – combined high point swimmer
200/400 distance Freestyle – combined high point swimmer
800 Freestyle – high point swimmer
200/400 Individual Medley – combined high point swimmer

RESULTS:

Final results will be e-mailed to the coach or team representative within two weeks of the conclusion of the meet.

SAFETY:

Safety marshals will monitor activities according to the safety rules of OKS. Repeated violations considered dangerous may result in the ejection from the meet. Any individual who exhibits behavior of threatening, abusive, or derogatory manner toward an official or member of the meet operating staff is subject to immediate removal and further expulsion from the meet. United States Swimming, Oklahoma Swimming, Extreme Aquatic Team, and Oklahoma City Community College shall be free from any and all liabilities or claims for damages or injury. The use of ANY TYPE of recording equipment including a phone's recording devices while in the locker rooms is STRICTLY PROHIBITED and result in the immediate removal from the facility.

**POOL DECK
ACCESS:**

Access to the pool deck area will be limited to athletes, coaches, officials, and volunteers of the host team only. **Parents wishing to observe the competition must do so from the spectator area. Non-Athlete Registration cards do NOT grant parents access to the pool deck at any time.** Coaches must wear proof of current CPR, First Aid, and Coaches Safety Certification while on deck.

HEAT SHEETS:

Heat sheets will be on sale for \$5.00 at the concession stand.

MERCHANDISE:

A full supply of swim merchandise will be available for purchase.

**WARM-UP
SCHEDULE:**

Saturday & Sunday

Saturday & Sunday

**Warm-up:
Time Finals**

**7:00-7:30/7:30-8:00 am
8:15 am**

**12:30-1:00/1:00-1:30 pm
1:45 pm**

**** Sprints will be done in the regular warm-up sessions.**

TURN AND BURN EVENT SCHEDULE

FEMALE EVENT #	EVENT DESCRIPTION	MALE EVENT #
Saturday Morning, July 10, 2010		
1	12 & Under 200 Freestyle Relay	2
3	12 & Under 50 Breaststroke	4
5	12 & Under 100 Freestyle	6
7	12 & Under 100 Butterfly	8
9	12 & Under 200 IM	10
11	12 & Under 50 Backstroke	12
13	*****12 & Under 400 Freestyle*****	14
Saturday Afternoon, July 10, 2010		
15	Open 200 Freestyle Relay	16
17	Open 200 Individual Medley	18
19	Open 100 Breaststroke	20
20	Open 200 Freestyle	22
23	Open 100 Butterfly	24
25	Open 200 Backstroke	26
27	*****Open 400 Freestyle*****	28
29	Open 200 Medley Relay	30
Sunday Morning, July 11, 2010		
31	12 & Under 50 Butterfly	32
33	12 & Under 200 Medley Relay	34
35	12 & Under 200 Freestyle	36
37	12 & Under Breaststroke	38
39	12 & Under 100 Backstroke	40
41	12 & Under 50 Freestyle	42
Sunday Afternoon, July 11, 2010		
43	*****Open 800 Freestyle*****	44
45	Open 50 Freestyle	46
47	***** Open 400 Individual Medley*****	48
49	Open 200 Breaststroke	50
51	Open 100 Backstroke	52
53	Open 200 Butterfly	54
55	Open 100 Freestyle	56

***** Indicates positive check-in is required.